

Other Summer Activities

Summer Swim League

Ages 7–18

Summer Swim League is a novice swim team operated by Seattle Parks and Recreation. Join the Summer Swim League at your local pool to have fun, make friends and learn competitive strokes, starts and turns. The minimum swimming requirement is one length of the pool (25 yards) of any competitive stroke.

	Day	Time	Dates	# Classes	Price	Bar Code
Summer Swim League (Age 7–10)	Mon–Fri	8:30–9:30 a.m.	June 27–Aug. 5	29	\$130.00	146446
Summer Swim League (Age 11–18)	Mon–Fri	7:30–8:30 a.m.	June 27–Aug. 5	29	\$130.00	146447

Junior Lifeguarding Camp

Ages 12–14

Junior Lifeguards will practice teambuilding, water rescues and improve their swimming skills while learning about water safety, lifesaving skills, first aid and CPR. This fun and educational camp will include in-water time and deck time. Opportunities to volunteer as a Junior Lifeguard for public swims and/or swim lessons may be available for participants upon completion of the program. **Prerequisite:** Advance Swimmer ability.

	Day	Time	Dates	# Classes	Price	Bar Code
Junior Lifeguarding Camp	Mon–Fri	8:30–9:30 a.m.	Aug. 8–Aug. 19	10	\$110.00	

Personal Lessons

Seattle Parks offers personal swim instruction for swimmers who are interested in special attention. Personal lessons allow quality instruction that can be tailored to fit individual needs. Payment is due at time of reservation. Personal Lessons are scheduled in 30 minute increments.

Session 1—Personal Lessons will begin Monday, June 27		
Mon/Fri	9:30 a.m., 3:30 p.m., 5 p.m.	\$36/Lesson add \$12 per additional child (3 Lesson Minimum)
Tue/Thu	10:45 a.m., 3:30 p.m., 7 p.m.	
Wednesday	10:45 a.m., 3:30 p.m., 5 p.m.	
Saturday*	3:30 p.m., 4 p.m.	
Session 2—Personal Lessons will begin Monday, August 8		
Mon–Fri	9:30 a.m., 3:30 p.m.	\$36/Lesson add \$12 per additional child (3 Lesson Minimum)
Mon/Wed/Fri	5 p.m.	
Tue/Thu	5 p.m., 5:30 p.m.	
Saturday*	3:30 p.m., 4 p.m.	

POOL CLOSURES

- Monday, July 4 in observance of Independence Day
- Summer Swim League swim meet Friday, July 15, 4–8:30 p.m.

Pool Policies

- Pools are family recreation facilities. Please dress and act accordingly.
- Children under 6 years of age and those under 48" in height must be directly supervised in the water by an adult and must be within arm's length distance at all times.
- Food and drinks (other than water) are not allowed in the locker rooms or on the pool deck. Please do not bring glass containers into the locker rooms or pool deck.
- Please enter the building through the front entrance and check in with the cashier before entering pool area.
- For your children's safety , please monitor them at all times.
- Children 6 years and older must use appropriate locker rooms for their gender.
- In the interest of public health, children who are not toilet-trained must wear swimming diapers or a cloth diaper with a plastic cover that has tight-fitting legs. No regular disposable diapers or loose-fitting suits are allowed. Children's swim diapers are available for sale.
- It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled the participant will receive a refund. A participant may be issued a refund if he/she drops a class and notifies the the program coordinator prior to the second class session. The pro-rated class fee, plus a service charge of \$5 or 10% of the fee (whichever is greater) will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

Meadowbrook Pool

If you're not wet, we're not happy!

10515 35th Ave NE • 206-684-4989



Summer 2016 Swim Lessons, June 27–September 4



Ready?

Please visit our website at [www.seattle.gov/parks](http://www.seattle.gov/parks) and look for SPARC to see what classes and programs are available for registration.

Set.

Make sure you have an account barcode and PIN! If you don't have one, go to [www.seattle.gov/parks](http://www.seattle.gov/parks), click SPARC and follow the instructions to create or update an account. Please allow at least one week for a new account.

Go!

- Walk-in and online registration begins Tuesday, May 24 at Noon. You can visit us in person or online at [www.seattle.gov/parks](http://www.seattle.gov/parks).
- Personal lesson registration begins Saturday, May 28 at 7:30 a.m. (walk-in registration only).

Please Note

- Summer Swim League participants must be 7 years old by June 27, 2016 in order to swim.
- There will be no Lessons on Monday, July 4 in observance of Independence Day.
- Placement testing for Advanced Swimmer is now offered. Please contact us to set up an appointment.
- New Program!** Junior Lifeguarding Camp for ages 12–14. Check out page 4 for details.



Swim Lessons

Parent and Child Aquatics (Ages 6 months–4 years)

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

Three-Year-Olds

Start your child learning basic swimming skills and water safety in a small group with other 3 year olds. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Kinder Lessons (Ages 4 and 5)

Children start with basic water adjustment, safety and swimming skills in a group with other 4 and 5 year olds. Children will begin with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Crawlstroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We group children by ability levels on the first day of class. To ensure safety and quality, we maintain a 6:1 student to instructor ratio.

Beginning Swimmer (Ages 6–16)

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child’s success.

**Floating, Gliding and Kicking:** Children get comfortable putting their face in the water and practice front, side and back floating, gliding and kicking. These skills provide the foundation for all other swimming strokes.

**Arm Strokes:** Mastering the Crawl Stroke requires learning to roll from front to back while performing arm strokes. Once mastered we begin teaching side breathing. Students also work on strengthening kicking, proper body alignment, treading water and deep water swimming.

**Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing and an introduction to whip kick are skills taught in this level.

To ensure safety and quality we maintain an 8:1 student/teacher



Advanced Swimmer (Ages 6–16)

Swimmers who have received a card indicating they have mastered “Beginning Swimmer” may sign up for “Advanced Swimmer” classes. Instructors will introduce and guide swimmers through other strokes while continuing to teach safety, fitness, and skill proficiency.

**Prerequisite:** Students must pass Beginning Swimmer and receive a Certificate of Achievement in order to register. If you are uncertain if you child belongs in Advanced Swimmer please contact to the pool before registering. If you are new to Meadowbrook Pool placement testing available by appointment only. Call the pool for details.

**Learning New Strokes:** Elementary Backstroke, Backstroke, Breaststroke and Butterfly plus continued practice swimming Crawl Stroke.

**Increasing Endurance and Proficiency:** Increased distances and refinement of previous strokes along with sidestroke taught.

**Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques.

To ensure safety and quality we maintain a 10:1 student to instructor ratio.

Special Populations Lessons (Ages 6–17)

These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool for registration.

Adult Lessons (Ages 16 and up)

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.

Swim Lesson Schedule • Summer 2016 • June 27–September 4

SESSION 1	Day	Time	Dates	# Classes	Price	Bar Code
<b>Parent &amp; Child Aquatics</b> 6 months–4 years	Monday*	10–10:30 a.m.	June 27–August 1	5	\$35.00	150207
	Tuesday	6:30–7 p.m.	June 28–August 2	6	\$42.00	150208
	Thursday	6:30–7 p.m.	June 30–August 4	6	\$42.00	150209
	Saturday	11:30–Noon	July 2–August 27	9	\$63.00	150210
<b>Three year olds</b> Ages 3 only (Parent & Child Aquatics Class Recommended)	Monday*	10–10:30 a.m.	June 27–Aug 1	5	\$62.50	150200
	Monday*	5–5:30 p.m.	June 27–Aug 1	5	\$62.50	150201
	Tuesday	6:30–7 p.m.	June 28–Aug 2	6	\$75.00	150202
	Wednesday	5–5:30 p.m.	June 29–August 3	6	\$75.00	150203
	Thursday	6:30–7 p.m.	June 30–August 4	6	\$75.00	150204
	Saturday	3:30–4 p.m.	July 2–August 27	9	\$112.50	150205
<b>Kinders</b> (Ages 4 and 5)	Monday*	10:30–11 a.m.	June 27–August 1	5	\$42.50	150123
	Monday*	4:30–5 p.m.	June 27–August 1	5	\$42.50	150127
	Tue/Thu	5–5:30 p.m.	June 28–July 14	6	\$51.00	150188
	Tue/Thu	6–6:30 p.m.	June 28–July 14	6	\$51.00	150187
	Tue/Wed/Thu	9:45–10:15 a.m.	June 28–July 14	9	\$76.50	150128
	Tue/Wed/Thu	4–4:30 p.m.	June 28–July 14	9	\$76.50	150186
	Saturday	10:30–11 a.m.	July 2–August 27	9	\$76.50	150189
	Saturday	11:30–Noon	July 2–August 27	9	\$76.50	150121
<b>Beginning Swimmer</b> (Ages 6–16)	Monday*	4–4:30 p.m.	June 27–August 1	5	\$35.00	150216
	Tue/Thu	5:30–6 p.m.	June 28–July 14	6	\$42.00	150219
	Tue/Wed/Thu	10:15–10:45 a.m.	June 28–July 14	9	\$63.00	150217
	Tue/Wed/Thu	4:30–5 p.m.	June 28–July 14	9	\$63.00	150218
	Saturday	11–11:30 a.m.	July 2–August 27	9	\$63.00	150220
<b>Advanced Swimmer**</b> (Ages 6–16)	Monday*	5–5:30 p.m.	June 27–August 1	5	\$35.00	150211
	Tue/Thu	6:30–7 p.m.	June 28–July 14	6	\$42.00	150212
	Saturday	11:30–Noon	July 2–August 27	9	\$63.00	150213
<b>Adults</b> (Ages 16 and up)	Wednesday	7:30–8 p.m.	June 29–August 24	9	\$63.00	150118
<b>Special Pops</b>	Saturday	3–3:30 p.m.	July 2–August 27	9	\$63.00	150199
SESSION 2						
<b>Three year olds</b>	Tue/Thu	5:30–6 p.m.	August 9–Sept. 1	8	\$100.00	150206
	Tue/Thu	5–5:30 p.m.	July 19–August 4	6	\$51.00	150192
<b>Kinders</b> (Ages 4 and 5)	Tue/Thu	6–6:30 p.m.	July 19–August 4	6	\$51.00	150193
	Tue/Wed/Thu	9:45–10:15 a.m.	July 19–August 4	9	\$76.50	150190
	Tue/Wed/Thu	4–4:30 p.m.	July 19–August 4	9	\$76.50	150191
	Tue/Thu	5:30–6 p.m.	July 19–August 4	6	\$42.00	150223
<b>Beginning Swimmer</b> (Ages 6–16)	Tue/Wed/Thu	10:15–10:45 a.m.	July 19–August 4	9	\$63.00	150221
	Tue/Wed/Thu	4:30–5 p.m.	July 19–August 4	9	\$63.00	150222
	Tue/Thu	6:30–7 p.m.	July 19–August 4	6	\$42.00	150214
SESSION 3						
<b>Kinders</b> (Ages 4 and 5)	Mon–Thu	10–10:30 p.m.	August 8–August 18	8	\$68.00	150196
	Mon–Thu	4–4:30 p.m.	August 8–August 18	8	\$68.00	150197
	Tue/Thu	6–6:30 p.m.	August 9–Sept. 1	8	\$68.00	150198
<b>Beginning Swimmer</b> (Ages 6–16)	Mon–Thu	10:30–11 a.m.	August 8–August 18	8	\$56.00	150227
	Mon–Thu	4:30–5 p.m.	August 8–August 18	8	\$56.00	150228
	Tue/Thu	6:30–7 p.m.	August 9–Sept. 1	8	\$56.00	150226
<b>Advanced Swimmer**</b>	Tue/Thu	5–5:30 p.m.	August 9–Sept. 1	8	\$56.00	150215
SESSION 4						
<b>Kinders</b> (Ages 4 and 5)	Mon–Thu	10–10:30 p.m.	August 22–Sept. 1	8	\$68.00	150194
	Mon–Thu	4–4:30 p.m.	August 22–Sept. 1	8	\$68.00	150195
<b>Beginning Swimmer</b> (Ages 6–16)	Mon–Thu	10:30–11 a.m.	August 22–Sept. 1	8	\$56.00	150224
	Mon–Thu	4:30–5 p.m.	August 22–Sept. 1	8	\$56.00	150225

\*No Lessons on Monday, July 4 in observance of Independence Day.

\*\*Must receive a passing Certificate of Achievement to sign up.